

## Valuing Identity; my Experiences + Your Perception

### Objectives:

- Participants will gain understanding and knowledge of what creates their cultural lens.
- Participants will have a greater awareness of their own personal values and how their past has created their current perceptions, behaviors, and communications styles.
- Participants will be able to identify their own values and biases.

### Agenda: Ground Rules (5 min)

#### I. Grounds Rules (5 min)

- a. Challenge the idea, not the person
- b. ELMO – Enough Let's Move On
- c. WAIT – What Why Am I Talking
- d. What ground rules do you think we should?

#### II. Activity: Digging Deep (NONVERBAL) (About 25 min)

##### a. Posters will be put around the room that say

- i. Socio-economic Status
- ii. Religion/Spirituality
- iii. Dis (ability)
- iv. Age
- v. Appearance
- vi. Education
- vii. Ethnicity
- viii. Race
- ix. Gender
- x. Where you call home
- xi. Sexual Orientation
- xii. Family

##### b. Students will be asked to move around room (silently) to a specific poster of their choosing based on the statement made by the facilitator:

- i. This is the aspect of my identity I am most comfortable discussing.
- ii. This is the aspect of my identity I am least comfortable discussing
- iii. I think about this aspect of my identity the most
- iv. I know the least about this aspect of my identity
- v. I have experienced the most joy around this aspect of my identity

- vi. I have experienced the most pain around this aspect of my identity
- vii. This aspect of my identity is the most invisible to others
- viii. I question this aspect of my identity the most
- ix. This aspect of my identity that I have to defend the most
- x. In the past year, this aspect of my identity has changed the most

### III. Discussion (15-20 min)

- a. 5 gut reactions from students
- b. How did you feel if you were alone at a “station”?
- c. Did you notice that you chose an identity “that brought you joy” while others selected it as bring them pain?
- d. Did you want to know more about the people around you?
- e. What categories stirred the most emotion or got under your skin?
- f. What did you learn about yourself?
- g. Was there an identity that you wish was represented?
- h. If you consider yourself a leader, do you think what we did here was important?

### IV. Society and the Value of Identity Worksheet and Breakout (If there is time – 30 minutes)

### V. Closing discussion